

ShipShape

Arizona



Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 – 7:15a BOOT CAMP	6:30 – 7:15a CARDIO CONDITIONING	6:30 – 7:15a BARS AND BELLS		6:30 – 7:15a BOOT CAMP
11:20a – 12:05p H.I.I.T.	11:20a – 12:05p CARDIO CONDITIONING	11:20a – 12:05p YOGA	11:20a – 12:05p ZUMBA®	11:20a – 12:05p YOGA
	12:10 – 12:55p ZUMBA®	12:10 – 12:55p BARS AND BELLS	12:10 – 12:55p RECESS	12:10 – 1:10p BODYPUMP™
	1:30 – 1:55p MINDFULNESS MEDITATION			
4:30 – 5:15p BODYPUMP™	4:30 – 5:15p RECESS	4:30 – 5:15p BOOT CAMP	4:30 – 5:15p CARDIO CONDITIONING	
5:20 – 6:20p YOGA		5:20 – 6:20p BODYPUMP™	5:20 – 6:20p YOGA	

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EXOS

Updated April 2019

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Class Descriptions

BARS AND BELLS:

Focus on total body strength and muscle endurance with the use of kettlebells, barbells and dumbbells. Learn how to strengthen your body with the correct form and fun tools!

BODYPUMP™:

BODYPUMP™ is a Les Mills™ barbell workout for anyone looking to get lean, toned and fit—fast.

BOOT CAMP:

This whole body workout challenges you by combining both strength-training and cardio exercises in a variety of workout formats.

CARDIO CONDITIONING:

Tired of boring cardio? Mix it up with this class, which combines plyometric drills, bodyweight and free-weight exercises, and agility training.

H.I.I.T.:

Improve metabolic conditioning and burn calories with intense bursts of high-intensity exercise followed by varied periods of active rest.

MINDFULNESS MEDITATION:

This class will help you to train your attention, connect to your body, and cultivate awareness. While this class is strictly meditative (no physical exercise), participants will explore this practice as a way toward ease in the body, grace with stress, and developing emotional intelligence.

RECESS:

Come relive your childhood with some throwback games! This fun, cardio-based class will be centered on sports, games, or other fun and competitive activities. Weather permitting, this class may be held outdoors.

YOGA:

Open level: Find your “yogic” balance and develop your practice. This class combines fluid movements and deep stretches while focusing on mindfulness and breathing. Increase flexibility, balance, and strength, while also improving your energy and calm.

ZUMBA®:

This dance-movement inspired class delivers variety of high and low intensity dance movements, inspired by music from all over the world. Prepare to smile, laugh and sweat!

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